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vantageous. These should be handed to the librarian, so that records of material can be made in the library when necessary, and then sent to their proper destination.

Nor is the teacher's duty ended when she has her school fairly well supplied with books. It is her duty to see that the child knows the library privileges of the community and has books in his home. Sometimes neither the school nor the public library is able to reach the home life. The Home Library—a case of twenty good readable books sent into the home of the child, with a friendly visitor to meet the child and ten of his friends each week—has proved successful in Boston, Pittsburg, Albany, and Chicago.

Students who are trained readers, able to choose the best written and best made books, will demand better books and better writers.

Reference Books

Koopman, *Mastery of Books*, American Book Company.

N. E. A. Library Section, Report for 1899.

Manual Training

Ira M. Carley Cora Champlin

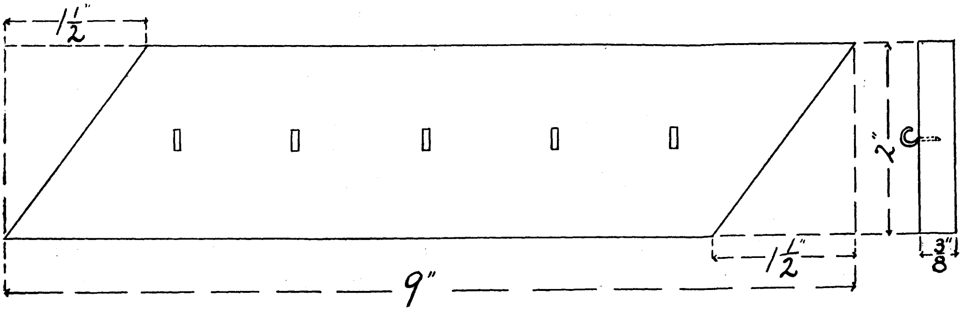

Fig. 1. KEY-RACK.

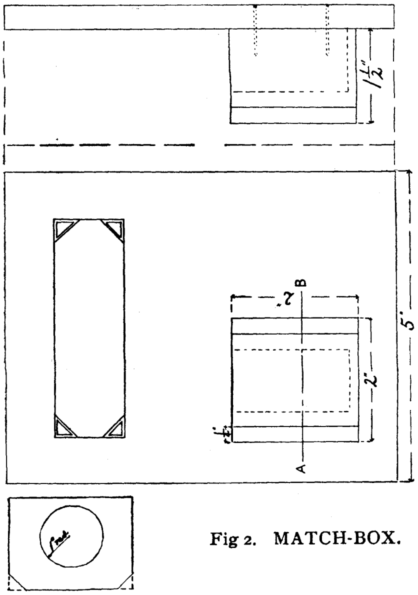

Fig 2. MATCH-BOX.

In this number are presented drawings of some of the objects to be used as suggestions for the Christmas handwork in the lower grades.

As was stated in the November number of the COURSE OF STUDY, the choice of what each pupil shall make as a Christmas gift is left, as far as is practicable, to the individual himself.

For the benefit of those pupils who have no definite preference, and for those who need help in choosing, a number of pieces of work, adapted to the ability of the children, are left for several days where they may be examined by all the pupils. In the three lowest grades, as the pupils depend

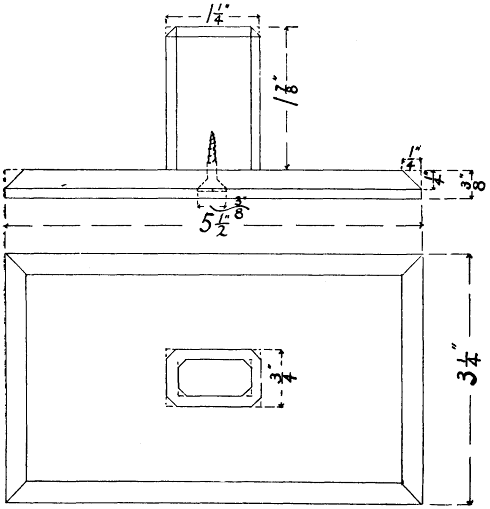

Fig. 3. BLOTTER-PAD.

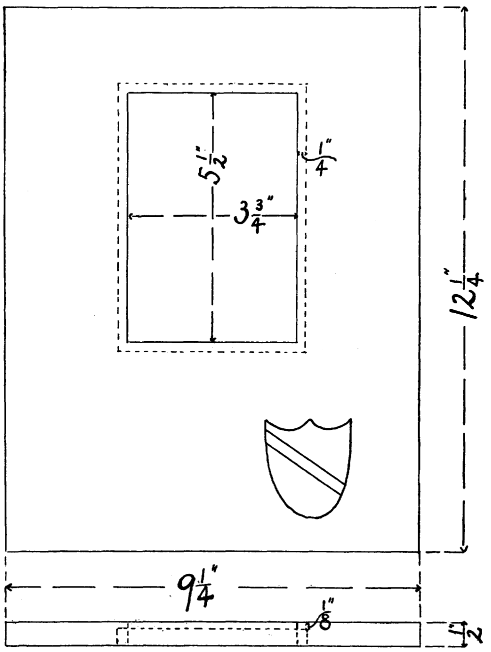

Fig. 4. PHOTOGRAPH-FRAME.

largely upon the teachers' suggestion as to what they shall do, the work is carried on in groups — each group being engaged upon a different piece of work.

In order that the pupil may have a definite plan of work in his mind, and so work independently in the manual training shop, a working drawing is prepared before he begins work on the piece itself.

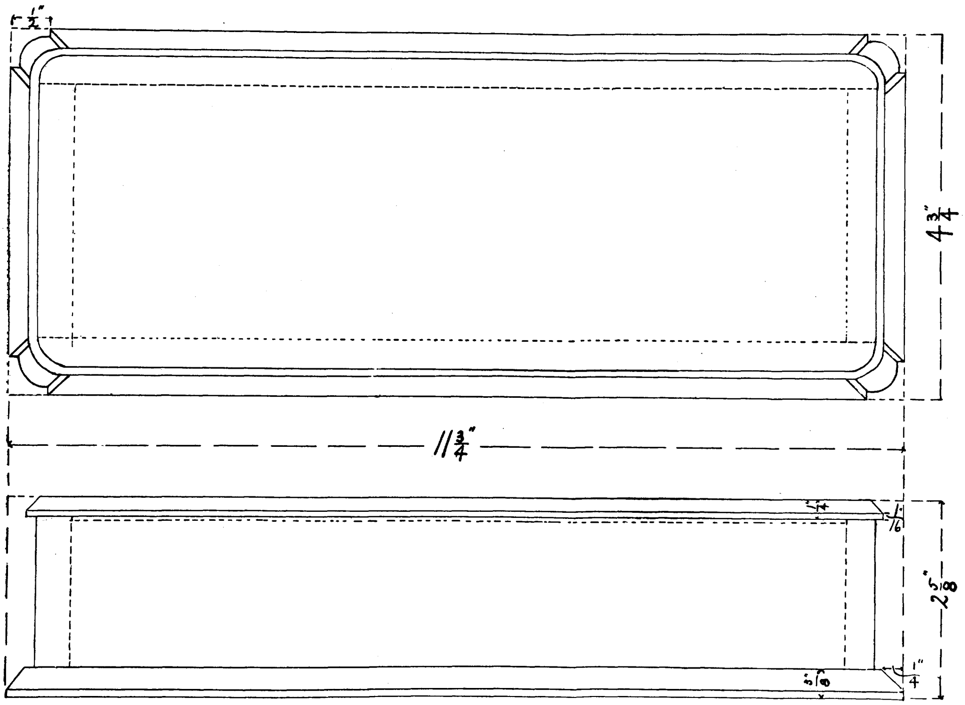

Fig. 5. GLOVE-BOX.

The drawing must give the worker all the information he will need as to dimensions, form, and construction of the object. In some cases notes upon the best method of procedure are also made, after discussion by the group.

In case the object is too large to be drawn full size on the standard drawing paper of the school, the drawing is made to a reduced scale, each pupil making his own calculations and submitting them to the teacher before laying off the lines on the drawing. All of the drawing will be done in the regular grade room and the operations of reducing to scale and the other calculations involved will form the basis for number lessons.

In the grades above the third, drawing boards, T squares and triangles will be used, and in the upper grades the best drawings will be inked and preserved as a help for future work.

Physical Training

Carl J. Kroh Caroline Crawford

Individual Gymnastics

SIGNIFICANCE OF PHYSICAL MEASUREMENTS AND EXAMINATIONS

The physical measurements have a significance, both in regard to the symmetry and proportion of the individual, and also in regard to what is indicated by the size and development of special parts of the body. Fitness for any given work, possibility of development, also mental and nervous conditions, are marked by the peculiar development of the physique. In the following outline only some of the most prominent characteristics are noted. In a later number fuller observations will be given.

Weight: Weight and height must go together to show the condition. Any marked change in weight in a normal body is always serious.

Height: Height is the basis used for comparison in judging the size of any part of the body.

HEIGHTS.

Sitting Height: As a general law, individuals with the largest trunks are the healthiest, because of greater room for the vital organs.

Height of Knee and Length of Thigh: The thigh and the leg should bear a certain proportion to each other. The tables, quoted from the September *Physical Education Review*, giving proportions of the runner and jumper, illustrate how performance is largely based upon build.

Height of Sternum: Height of sternum gives the opportunity to find the length of the trunk without neck and head.

GIRTHS.

The girths of the different parts of the body vary more in their relation than the heights.

Head: Of two people of the same size, the one with the larger head will have the greater amount of nervous energy.

Neck: There is a correlation between the head and the neck. A large head and a small neck are found in feeble children. A large neck, unless flat and flabby, indicates great vital power.

Chest: The chest girth is supposed to indicate vital capacity, but it may not, for a large chest girth may be due to great development of the pectoralis major, or chest muscle.

Ninth Rib: The ninth rib girth is a great factor in chest capacity because of the range of movement over this part of the chest.

Waist: The size of the waist limits the development of the trunk and strength of the back. It matters little how broad the hips are if the waist is small. It is the working base of the body.

Thigh: The thigh indicates the power of the most important muscles of the body. The large development of the leg accompanies civilization.

Knee: The joint indicates the potential strength of the leg. With a large joint there is a large attachment for the muscles.